



Combat Airlifter

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19th AW command team visits GFLR 20-03

PAGES 8-11

Staff Sgt. Christiaan van Tolingen, 321st Contingency Response Squadron maintenance flight, marshals in a C-130J Super Hercules transporting the 19th Airlift Wing command team on Jan. 15 at the Alexandria International Airport in Alexandria, Louisiana. Members of the 321st CRS are helping manage inbound and outbound aircraft for Green Flag Little Rock 20-03 at the Joint Readiness Training Center held at nearby Fort Polk.

U.S. AIR FORCE PHOTO BY TECH. SGT. DAVID W. CARBAJAL



TLR OBSERVES MLK DAY

The 19th Airlift Wing hosted a celebration and remembrance walk in honor of Dr. Martin Luther King Jr.

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MATERNAL-CHILD FLIGHT DELIVERS

CARE FOR AIRMEN'S FAMILIES

Well-child visits are checkups at different increments to ensure children are kept on a healthy lifestyle pattern, and are available through the 19th MDG's maternal-child flight.

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VR: MODERN SOLUTIONS FOR MODERN TRAINING

Headquarters Air Force, Air Mobility Command, and Air Education and Training Command have been working on a virtual reality platform for maintenance training through MassVirtual, a contractor that scans real world objects to create virtual environments.

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The Dream Today ...

What Would Dr. Martin Luther King Jr. Say?

BY MAJ. DARRIS JOHNSON,
19TH COMMUNICATIONS SQUADRON

If he were here with us today,
Words like these he might say
I fell asleep in 1968 ... to awaken today,
To see prophecies fulfilled ... in a dream I had late yesterday

I ended my dream ... pleading for freedom to ring
Hoping, "free at last" ... America's people would sing
In honor of equality ... shared amongst the American team
Where character, versus skin color ... reigns most supreme

Well today, when I look ... I can honestly say
There's a generation with us ... that doesn't know the old way
Thanks to the efforts ... by civil right protégés
Voting and segregation ... have seen judgment days

There was urgency then ... that is just as great now
So let's not take a bow ... but look for ways to endow
Where there's a will, there's a way ... to make it better somehow
Remember righteousness has to be ... at the core of what we allow

New times ... need newer minds,
To address the issues ... we now face and find
Never losing sight, or going blind ... to those liberties outlined
In the Constitution, and Declarations ... our forefathers signed

Freedom and equality ... should be at the heart of our psychology
Where a brotherhood exists ... all throughout society
And unalienable rights ... are mine undeniably
And justice and democracy ... is for this nation, entirely

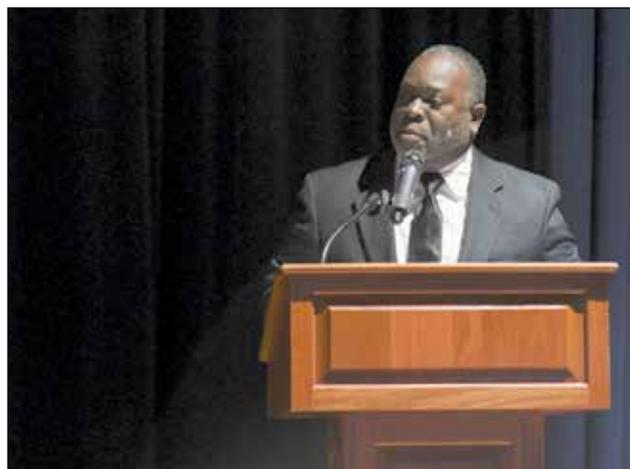
In many ways we've won ... but there's still work to be done
Because reaching and keeping equality ... requires everyone
I challenge the old and the young ... to run the race I begun
So that America is 'FREE AT LAST' ... and forever second to none!

Team Little Rock honors MLK Day

U.S. AIR FORCE PHOTOS BY AIRMAN 1ST CLASS MARIAM K. SPRINGS



Members of Team Little Rock participate in a remembrance walk and sing "We Shall Overcome" in honor of Dr. Martin Luther King Jr. at Little Rock Air Force Base on Jan. 17. The 19th Airlift Wing hosted the event to honor the life and legacy of Dr. Martin Luther King Jr.



Cecil Gibson, Mt. Cavalry Baptist Church pastor, reenacts the "I Have a Dream" speech by Dr. Martin Luther King Jr. at Little Rock Air Force Base on Jan. 17. The 19th Airlift Wing hosted a celebration and remembrance walk in honor of Dr. Martin Luther King Jr.



Kamiah Thomas, sings "Take My Hand, Precious Lord" during a Dr. Martin Luther King Jr. remembrance event at Little Rock Air Force Base on Jan. 17. Dr. Martin Luther King once said, "Without music the civil rights movement would have been like a bird without wings."

EDITORIAL POLICY

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COMBAT AIRLIFTER OF THE WEEK



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS AARON IRVIN

NAME AND RANK
Senior Airman Courtney Roberts
UNIT
19th Civil Engineer Squadron
DUTY TITLE
Pest management technician
HOMETOWN
Little Rock
TIME IN SERVICE
5 years, 6 months

TIME AT LITTLE ROCK
3 years
GOALS
Acquire a computer science degree
and retire from the U.S. Air Force
HOBBIES
Video games and spending quality time with family
AIR FORCE CORE VALUE PORTRAYED
Excellence in All We Do and Service Before Self

WHY WAS THE INDIVIDUAL SELECTED AND HOW DO THEY DISPLAY THE CORE VALUE?
During ROCKI 20-01, Roberts led the pest management shop with high motivation and a positive attitude. Roberts has filled the Pest Management NCO in charge position for the past 3 months. She orchestrated briefings for 70 facility managers on self-help capabilities, cutting the shop's work request by 50 percent. She also coordinated over 70 hours of preventive maintenance inspections.



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Maternal-child flight delivers care for Airmen's families

STORY AND PHOTOS BY AIRMAN 1ST CLASS MARIAM K. SPRINGS

Military families are a huge part of what makes the U.S. Air Force the best in the world and enable the 19th Airlift Wing to accomplish its combat airlift mission. The 19th Medical Group is there to make sure these families are cared for.

Well-child visits are checkups at different increments to ensure children are kept on a healthy lifestyle pattern, and are available through the 19th MDG's maternal-child flight.

"Coming for check-ups can help catch complications early, such as medical conditions, speech delays, behavior concerns, and provide intervention as needed before it becomes a bigger problem," said U.S. Air Force Maj. Jessica Roberts, 19th MDG healthcare integrator.

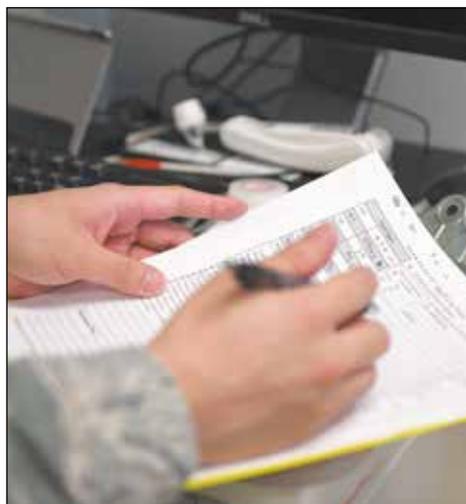
The American Academy of Pediatrics recommends well-child visits at the following ages: first week, first month, 2 months, 4 months, 6 months, 9 months, 12 months, 15 months, and annually until age 18 as a general assessment of appropriate well-child care.

According to Roberts, the benefits of well-child visits are as follows:

Prevention: Your child gets scheduled immunizations to prevent illness. You can also ask your pediatrician about nutrition and safety in the home and at school.

Tracking growth and development: See how much your child has grown in the time since your last visit, and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors and learning.

Raising concerns: Make a list of topics you want to talk about with your child's pediatrician such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your pediatrician at



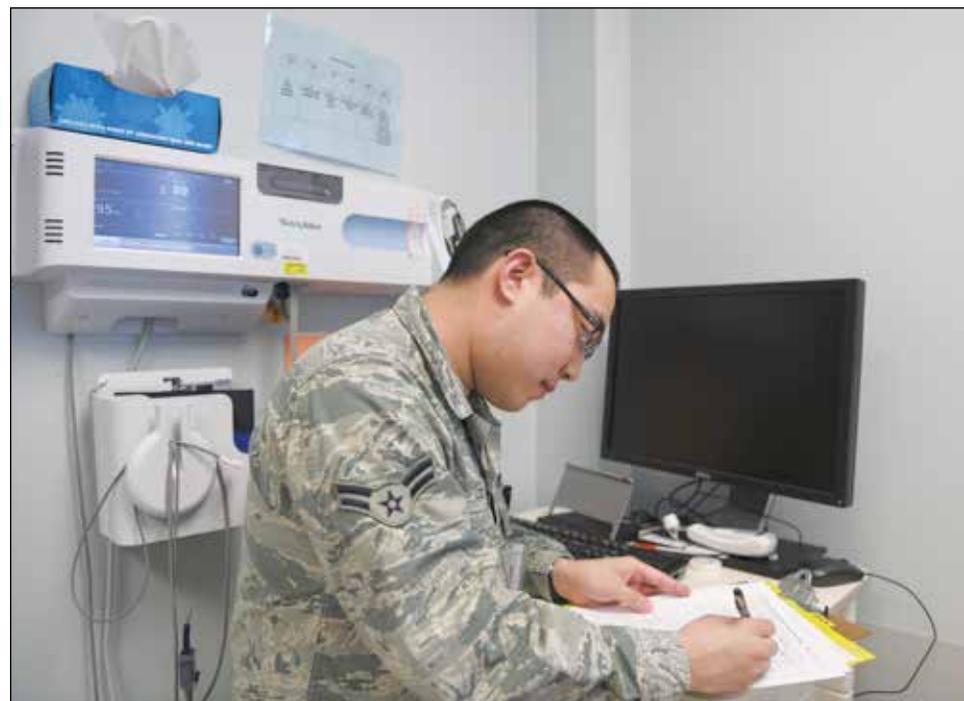
U.S. Air Force Airman 1st Class Dennis Lee, 19th Medical Group aerospace medical technician, records patient information at Little Rock Air Force Base on Jan. 8. If Airmen and their families are not healthy it can lead to a negative impact on the mission – not only in terms of risking the spread of disease – but also in terms of diminished productivity, quality, and attention to safety.

the start of the visit.

Team approach: Regular visits create strong, trustworthy relationships among pediatrician, parent and child. The AAP recommends well-child visits as a way for pediatricians and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.

"Even as an adult, you can still expect wellness checks," Roberts said. "The checks typically consist of necessary labs, preventative healthcare, and any type of screenings depending on the patient's age."

It's important to medical providers to make sure parents are comfortable with their children's health and the care that is provided.



U.S. Air Force Airman 1st Class Dennis Lee, 19th Medical Group aerospace medical technician, records patient information at Little Rock Air Force Base on Jan. 8. It is important to medical providers to make sure parents are comfortable with their children's health and the care that is provided.



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See Care, 6

Care

Continued from page 5

“We want to empower patients to use our healthcare system to their advantage, and we want to make sure they understand what healthcare benefits are available for them to utilize,” Roberts said.

If Airmen and their families are not healthy, it can lead to a negative impact on the mission — not only in terms of risking the spread of disease — but also in terms of diminished productivity, quality, and attention to safety.

“Members can get sick if their children are sick,” said U.S. Air Force Airman 1st Class Dennis Lee, 19th Medical Group aerospace medical technician. “It puts a damper on their work but it also has a stressful impact on them because they go to work thinking about their sick child all day.”

The maternal-child flight also offers walk-in appointments for strep and suture or staple removal. If an appointment is needed, it is recommended to book through Tricare Online.

“Readiness is our focus,” Roberts said. “We want to give quality safe care so we can ensure a strong fighting force. It’s not just active duty; we have to take care of families so Airmen can be fully focused on the mission. We serve them in a whole family concept to make sure we’re fulfilling healthcare needs.”



U.S. Air Force Airman 1st Class Dennis Lee, 19th Medical Group aerospace medical technician, takes the temperature of a patient at Little Rock Air Force Base on Jan. 8. Well-child visits are checkups at different increments to ensure children are kept on a healthy lifestyle pattern.

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VR: Modern solutions for modern training

By Airman 1st Class Aaron Irvin
19th Airlift Wing Public Affairs

With technology constantly changing, the Air Force is actively seeking innovative methods to train today's Airmen with tomorrow's technology.

The Air Force is committed to world-class training for Airmen by preventing stagnation in education through constant innovation to meet the needs of a new generation through a continuum of learning.

Headquarters Air Force, Air Mobility Command, and Air Education and Training Command have been working on a virtual reality platform for maintenance training through Mass Virtual, a contractor that scans real world objects to create virtual environments.

The C-130 enterprise established a working group with airlift wings from Little Rock Air Force Base; Dyess AFB, Texas; Yokota Air Base, Japan; and Ramstein Air Base, Germany; in order to collaborate and eliminate duplication of effort while crafting a VR platform focused on visualizing the ins-and-outs of the C-130H and C-130J to benefit maintenance Airmen.

"We pulled together with other wings to develop work tasks that would be most beneficial to invest in for Airmen – allowing us to establish a VR platform with a focus on the C-130," said U.S. Air Force Master Sgt. Nicholas Massingill, 19th Maintenance Group development and instructor section chief.

With a tentative completion date of summer 2020, Massingill hopes VR maintenance training will bridge the gap for new Airmen joining the AF in a technology-oriented system and speed up training while controlling the environment to safely and effectively train on mission-essential tasks.

"The new generation learns using technology, so incorporating VR will appeal to their learning styles," said U.S. Air Force Master Sgt. Gary Armstrong, 19th MXG maintenance training management section chief. "VR will help Airmen learn tasks quicker by transitioning to the 21st century of mainstream technology."

The current training system requires constant preparation and coordination to ensure a C-130 is available on the flight line the day training occurs. VR will replace the need to coordinate for weeks, or even months in advance, to get a small window of time with an aircraft for mandatory maintenance training.

"We request an aircraft to be down three days a week in order to train our students," Massingill said. "When we do that, we are taking aircraft away from the mission. While VR will never replace hands-on training, it will help bring familiarization to the task, so the instructors can speed up the process when conducting hands-on training."

Initially, each VR unit will have a virtual hangar where the trainee can complete one of five tasks. Among the tasks, which are based on necessities and pre-established training opportunities, are propeller, tire, and brake replacement. Team Little Rock mission partners from the 314th Airlift Wing and 189th Airlift Wing were also included in the working group, scanning, and establishing a virtual hangar with tasks for the for the C-130H.

Nearly 230 maintenance Airmen across the 19th MXG will receive training through the new VR system annually



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS AARON IRVIN

U.S. Air Force Staff Sgt. Kenneth Renfrow, 19th Maintenance Group maintenance qualifications training instructor, uses a virtual reality headset at Little Rock Air Force Base on Dec. 19. Initially, each VR unit will have a virtual hangar where the trainee can complete one of five tasks. Among the tasks, which are based on necessities and pre-established training opportunities, are propeller, tire, and brake replacement.

— empowering Airmen by removing barriers, accepting risk and rapidly learning from productive challenges in a cost-effective manner.

The VR workspace will initially be located in the 19th MXG maintenance training section, which will also be utilized by mission partners at the 314th AW, with plans to eventually have dedicated rooms in the work centers as well.

"We could potentially see this in the work centers, providing Airmen who are feeling a bit rusty with an opportunity to run through the program a couple times before going out to perform the job," Massingill said.

This use of technology emphasizes AMC's objective to reinforce the value of maintenance Airmen and efforts to improve efficiency in training while retaining our technological edge to prevail in high-end combat.



COURTESY PHOTO

Jesse Matos, a Mass Virtual team member, left, and Thomas Torbert, Air Mobility Command A4/A4M logistic management specialist, scan the flight deck of a C-130J Super Hercules to design a virtual reality environment to train C-130 maintainers at Little Rock Air Force Base on Nov. 7. Nearly 230 maintenance Airmen across the 19th AW will receive training through the new VR system annually.

"When we are teaching tasks, we are teaching proficiency," Armstrong said. "The only way you gain proficiency is by doing it over and over, that's how you get instinctual mechanical skills. Being able to use this virtual environment shows the possibilities are limitless."



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19th AW command team visits Green Flag Little Rock 20-03

(Right) Chief Master Sgt. Justin Strain, 19th Airlift Wing command chief, and Col. John Schutte, 19th Airlift Wing commander at Little Rock Air Force Base, listen as Maj. Joshua Johnson, 321st Contingency Response Squadron operations officer, briefs Jan. 15 about what the 321st CRS has done since arriving at the Alexandria International Airport in Alexandria, Louisiana. Strain and Schutte flew to Alexandria to visit with the 621st Contingency Response Wing Airmen and to tour the Joint Readiness Training Center at Fort Polk, Louisiana.



U.S. AIR FORCE PHOTO BY TECH. SGT. DAVID W. CARBAJAL

(Below) U.S. Air Force Chief Master Sgt. Justin Strain, 19th Airlift Wing command chief, speaks with an Airman before his flight at Little Rock Air Force Base on Jan. 15. Leadership from the 19th AW flew to Alexandria, Louisiana, to tour the Joint Readiness Training Center and observe Green Flag Little Rock 20-03 operations at Fort Polk, La.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JAYDEN FORD





U.S. AIR FORCE PHOTO BY TECH. SGT. DAVID W. CARBAJAL



U.S. AIR FORCE PHOTO BY TECH. SGT. DAVID W. CARBAJAL

(Above) Staff Sgt. Christiaan van Tolingen, 321st Contingency Response Squadron maintenance flight, waits for a C-130J Super Hercules assigned to the 19th Airlift Wing to arrive Jan. 15 at the Alexandria International Airport in Alexandria, La. Soldiers, Marines and Airmen have come from across the United States for the exercise at the Joint Readiness Training Center to gain experience with joint and multinational partners.

(Right) Col. John Schutte, 19th Airlift Wing commander at Little Rock Air Force Base, Arkansas, speaks with Lt. Col. Thomas Joyner, 34th Combat Training Squadron commander at Little Rock on Jan. 15 at the Alexandria International Airport in Alexandria, Louisiana. Schutte flew to Alexandria to visit with the 621st Contingency Response Wing Airmen and to tour the Joint Readiness Training Center at Fort Polk, La.

(Left) Master Sgt. Cody Sherrer, 321st Contingency Response Squadron operations flight, briefs Col. John Schutte, 19th Airlift Wing commander at Little Rock Air Force Base on Jan. 15 about what airfield management does for the 621st Contingency Response Wing, while at the Alexandria International Airport in Alexandria, La. Schutte flew to Alexandria to visit with the 621st Contingency Response Wing Airmen and to tour the Joint Readiness Training Center at Fort Polk, La.



U.S. AIR FORCE PHOTO BY TECH. SGT. DAVID W. CARBAJAL



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JAYDEN FORD

U.S. Air Force Airman 1st Class Dimitrious Carden, 61st Airlift Squadron loadmaster, performs pre-flight checks on a C-130J Super Hercules at Little Rock Air Force Base on Jan. 15. Carden ensured all equipment onboard the plane functioned properly before flying to Fort Polk, La., for Green Flag Little Rock 20-03.



U.S. AIR FORCE PHOTO BY TECH. SGT. DAVID W. CARBAJAL

Maj. Joshua Johnson, 321st Contingency Response Squadron operations officer, briefs Col. John Schutte, 19th Airlift Wing commander at Little Rock Air Force Base on Jan. 15 about what the 321st CRS has done since arriving at the Alexandria International Airport in Alexandria, La. Members of the 321st CRS are helping manage inbound and outbound aircraft for the exercise at the Joint Readiness Training Center held at nearby Fort Polk.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JAYDEN FORD

U.S. Air Force Col. John Schutte, 19th Airlift Wing commander, observes as aircrew prepare for take-off at Little Rock Air Force Base on Jan. 15. Schutte flew to Alexandria, Louisiana to tour the Joint Readiness Training Center and observe Green Flag Little Rock 20-03 operations at Fort Polk, La.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JAYDEN FORD

A C-130J Super Hercules flies above the clouds during a return flight Little Rock Air Force Base on Jan. 15. Leadership from the 19th AW flew to Alexandria, Louisiana to tour the Joint Readiness Training Center and observe Green Flag Little Rock 20-03 operations at Fort Polk, La.



U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS JAYDEN FORD

U.S. Air Force Airman 1st Class Landen Smith, 61st Airlift Squadron loadmaster, plugs in a headset during pre-flight checks on a C-130J Super Hercules at Little Rock Air Force Base on Jan. 15. Smith performed an inspection of the plane before flying to Fort Polk, Louisiana, for Green Flag Little Rock 20-03.



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Online — FVAP.gov offers an online assistant that walks you through completion of the form, and provides a populated, fillable PDF. **Once completed, do not forget to print and sign the form before submitting it to your local election office.**

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February 2014

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- The length of time the ballot request is valid varies by State. To ensure you receive an absentee ballot for each election in which you are eligible to vote, **you should complete a new FPCA annually** and with every change of your mailing address, or at least 90 days prior to the election you want to vote in.
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Looking for more information on completing the FPCA? FVAP.gov has everything that you need, from an online assistant to walk you through the form, to State-specific deadlines and rules.

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How and where to submit your FPCA

- Double-check for completion and sign**
 - Look over your completed FPCA to ensure you have provided all the information required by your State, including a complete voting residence address, current mailing address in that State and all other contact information.
 - Make sure the information provided is clear and legible.
 - Don't forget to sign and date the FPCA.
- Submit by email, fax or postal mail**
 - Check the Voting Assistance Guide at FVAP.gov/vao/vag to determine if your State allows the FPCA to be submitted by either email or fax. Follow the instructions for electronic submission provided.
 - Hardcopy FPCAs can be folded and sealed using the form's adhesive edging; online FPCAs printed must be placed in an envelope for mailing.
 - If mailing the FPCA through the U.S. Postal Service, APO/FPO or diplomatic pouch, it can be sent postage-paid using the mail indicia available at FVAP.gov. Mailing the FPCA using a foreign country's postal service requires local postage and should have "USA" in the address line of the mailing envelope or folded hardcopy form.
- Follow up to check registration status**
 - You can contact your local election officials to confirm that your FPCA was successfully processed. Find current contact information at FVAP.gov.

Will my FPCA be processed? YES

All FPCAs submitted on time and according to State rules will be processed. Here are the most common mistakes to look out for:

- Illegible handwriting.** If you prefer to type, you may complete the FPCA form online and print it out.
- No signature.** Don't forget to sign and date your completed FPCA before mailing to your local election office.
- Submitted in a manner not in accordance with State law.**
- Received after registration or request deadline.** Deadlines vary by State.*

Your local election official is required to contact you if your form is rejected, but states differ in notifying voters of a successful application. We encourage you to contact your local election officials* to confirm that your FPCA was successfully processed.

*Find your State's requirements and contact information for election officials at: FVAP.gov/FPCA



CONTACT FVAP

Monday-Friday, 9 a.m. to 5 p.m. ET Phone: 1-800-438-VOTE (8683) | DSN: 425-1584 | Email: vote@fvap.gov

Go to FVAP.gov and click on "contact" to find where to send your election materials. Media inquiries: media@fvap.gov

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THIS WEEK IN HISTORY

By Jeffrey Pryor, 19th Airlift Wing Historian

■ **1949:** Operation SNOWBOUND better known as HAYLIFT. The USAF aided snowbound western ranchers by dropping 25,000 pounds of feed to sheep and cattle. Over the next four weeks, Military Air Transport Service C-82s and Air Rescue Service SC-47s also dropped 525 cases of "C" rations, 20,000 pounds of food, and 10,000 pounds of coal to area residents.

■ **1951:** 33 F-84s of the U.S. Air Force's 27th Fighter-Escort Wing engaged 30 MiG-15s in a dogfight over the skies of Sinuiju, during the Korean War.

■ **1968:** Battle of Khe Sanh -- Communist forces began an extended siege of two Marine infantry battalions and an artillery battalion at Khe Sanh, Vietnam. Some 15,000 communist troops had cut off all ground supply to the base. In response, USAF C-130s airlifted another Marine infantry battalion to give the base 6,000 defenders. The siege prompted an extensive airlift. Under hostile conditions, a C-123 and C-130 airlift gave the Khe Sanh defenders a 30-day supply of food, fuel, and ammunition by delivering 12,430 tons of cargo in 1,128 sorties

■ **1977:** U.S. President Jimmy Carter grants an



COURTESY PHOTO

A Nebraska National Guard C-45 plane that dropped hay to stranded livestock during Operation Haylift.

unconditional pardon to hundreds of thousands of men who evaded the draft during the Vietnam War. In total, some 100,000 young Americans went abroad in the late 1960s and early 70s to avoid serving in the war.

■ **2013:** The United States Armed Forces overturns its ban on women serving in combat, reversing a 1994 rule, and potentially clearing the way for women to serve in front-line units and elite commando forces.

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